

Boston's Age Strong Commission

Weekly Digest

November 8-14, 2021

Information & opportunities for Boston's older adults



SIGN UP FOR EMERGENCY ALERTS

Our AlertBoston system is for residents, businesses, and visitors to the City of Boston. We'll notify you by phone, text, or email in the event of an emergency.

Sign up at Boston.gov/alert

[WEEKLY DIGEST
Table of Contents](#)

[Events
November 8-14](#)

[Volunteer
Opportunities](#)

[Native American
Futures Month](#)

[Holiday Lights](#)

[Job Opportunities](#)

2021 Medicare Annual Enrollment Period

Dates and deadlines you need to know

15

OCT

Annual Enrollment
Period BEGINS

This is the first day
you can enroll for
2022 coverage.

7

DEC

Annual Enrollment
Period ENDS

This is the last day
you can enroll for
2022 coverage.

1

JAN

First date coverage
can START

Even if you enroll in December 2021,
your new Medicare plan won't go
into effect until Jan. 1, 2022.

**Stay Connected
to Age Strong:**

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

Call Boston's Age Strong Commission to make an appointment with an advocate to see if you have the best plan at the least cost.

AGE+



City of Boston
Age Strong
Commission



MONDAY, NOVEMBER 8

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

1pm

BPL: Movie Discussion Group To Catch a Thief (1955, PG)

Click [here](#) to register & for more information.

TUESDAY, NOVEMBER 9

11am-6pm (through 11/23)

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

2pm

BPL: Fall Harvest Wreath Workshop

Boston Public Library, Fields Corner Branch

1520 Dorchester Avenue, Dorchester

Click [here](#) to register & for more information.

WEDNESDAY, NOVEMBER 10

11:30am

Age Strong Commission Virtual Yoga

Click [here](#) to attend via Zoom.

1pm-3pm

Recipe Box Gathering

Boston Public Library, Roxbury Branch

149 Dudley Street, Roxbury

Click [here](#) to register & for more information.

2:30pm

BPL Virtual: Living Room Conversations VII: Crafting Understanding

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live

Personalized Reading Recommendations from BPL Librarians

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shopping Safely Online

Click [here](#) to register & for more information.

3-6:30pm

East Boston Farmers Market

1 P William C Kelly Square, East Boston

Click [here](#) for more information.

6pm

BPL Virtual: Talk with Jared Ross Hardesty

Click [here](#) to register & for more information.

**THURSDAY, NOVEMBER 11
VETERANS DAY**

11am-4pm (through 11/18)

Dewey Square Farmers Market

700 Atlantic Avenue, South Boston

Click [here](#) for more information.

FRIDAY, NOVEMBER 12

10am-12noon

**BPL: Virtual Drop-in Office Hours:
Legal Services Center**

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

**Age Strong Commission Virtual
Meditation**

Click [here](#) to join via Zoom.



2pm

**Museum of Fine Arts Virtual Program
For those with memory loss & their
care partners. Paper Stories, Layered
Dreams.**

Click [here](#) for more information.

4pm

**BPL: Virtual: Friday Unwind
Gentle Yoga with
Hands to Heart Center**

Click [here](#) for more information.

SATURDAY, NOVEMBER 13

9am-1:30pm (through November)

Roslindale Farmers Market

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.

9am-12noon (through November)

Fields Corner Farmers Market

500 Geneva Avenue, Dorchester

Click [here](#) for more information.



3pm

Celebrity Series of Boston: Free Concert - Debo Ray & Quartet

Salvation Army Kroc Center
650 Dudley Street, Dorchester
Click [here](#) for more information.

SUNDAY, NOVEMBER 14

10am-2pm

Leaf & Yard Waste Drop-off

500 American Legion Highway,
Mattapan
Click [here](#) for more information.

3pm

Giving Thanks Together in Celebration

Salvation Army Kroc Center
650 Dudley Street, Dorchester
Click [here](#) for more information.



**BECOME AN AGE STRONG
RSVP VOLUNTEER!**

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

To sign up, contact

Age Strong at 617-635-4366 or
email agestrong@boston.gov.



NATIVE AMERICAN futures month



boston.gov/native-americans

Free Fares on Route 28 Bus

For three months from August 29th to November 29th, 2021...



...Route 28 bus riders can board buses at all doors without paying a fare!

CITY of BOSTON

Mayor Kim Janey

Need help paying for heat this winter?

You're not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong for an appointment with an advocate.





Holiday Lights Events

The official holiday season kick-off in Boston includes the lighting of the City of Boston's official Christmas tree in the Boston Common, the annual Trellis lighting in the North End, and more!

Call the Boston Parks and Recreations Department at 617-635-4505 or visit boston.gov/parks to learn more.

FIGHT THE FLU IN BOSTON

Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor's Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.



Am I eligible for a ^{COVID-19} booster shot?

Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+

When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.





Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston's older adults.

Check out our new career opportunities page to learn more [here](#).



Age Strong Shuttle

Did you know Boston's older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.



Are you in need of a companion?

The Age Strong Commission's AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult's home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Companion program click [here](#).